

2007 SUMMER SWIM SCHEDULE

CITY OF EUREKA RECREATION DIVISION

JUNE 18-AUGUST 10

LESSONS MEET EVERY DAY (MONDAY-FRIDAY) FOR TWO WEEKS

Eureka High School
Pool is located at
1915 J St.

SESSION #1 JUNE 18-29
SESSION #2 JULY 2-13**
SESSION #3 JULY 16-27
SESSION #4 JULY 30-AUGUST 10

SEE THE REVERSE SIDE
OF THIS FORM FOR
CLASS DESCRIPTIONS &
FEES

****No****
lessons
Wednes-
day,
July 4

Public Swim
M-F
2-4 PM \$3

LAP SWIMMING \$3
MONDAY-FRIDAY
11:45 AM-1 PM &
5:15-6:15 PM

Time	Monday		Tuesday		Wednesday		Thursday		Friday	
9:30 am-10:00 am	Level I, II, III	\$45	Level I, II, III	\$45	Level I, II, III	\$45	Level I, II, III	\$45	Level I, II, III	\$45
10:00 am-10:30 am	Pre-School	\$50	Pre-School	\$50	Pre-School	\$50	Pre-School	\$50	Pre-School	\$50
10:00 am-10:45 am	Level IV-V Level VI	\$55 \$55	Level IV-V Level VI	\$55 \$55	Level IV-V Level VI	\$55 \$55	Level IV-V Level VI	\$55 \$55	Level IV-V Level VI	\$55 \$55
10:30 am-11:00 am	Pre-School	\$50	Pre-School	\$50	Pre-School	\$50	Pre-School	\$50	Pre-School	\$50
11:00 am-11:30 am	Level I, II, III	\$45	Level I, II, III	\$45	Level I, II, III	\$45	Level I, II, III	\$45	Level I, II, III	\$45
11:30 am-12:00 pm	Parent & Child	\$35	Parent & Child	\$35	Parent & Child	\$35	Parent & Child	\$35	Parent & Child	\$35
11:45 am-1:00 pm	ADULT LAP SWIM \$3		ADULT LAP SWIM \$3		ADULT LAP SWIM \$3		ADULT LAP SWIM \$3		ADULT LAP SWIM \$3	
1:00 pm-2:00 pm	CLOSED		CLOSED		CLOSED		CLOSED		CLOSED	
2:00 pm-4:00 pm	PUBLIC SWIM \$3		PUBLIC SWIM \$3		PUBLIC SWIM \$3		PUBLIC SWIM \$3		PUBLIC SWIM \$3	
4:00 pm-4:30 pm	Level I, II, III	\$45	Level I, II, III	\$45	Level I, II, III	\$45	Level I, II, III	\$45	Level I, II, III	\$45
4:30 pm-5:00 pm	Pre-School	\$50	Pre-School	\$50	Pre-School	\$50	Pre-School	\$50	Pre-School	\$50
4:30 pm-5:15 pm	Level IV-V Level VI	\$55 \$55	Level IV-V Level VI	\$55 \$55	Level IV-V Level VI	\$55 \$55	Level IV-V Level VI	\$55 \$55	Level IV-V Level VI	\$55 \$55
5:00 pm-5:30 pm	Parent & Child	\$35	Parent & Child	\$35	Parent & Child	\$35	Parent & Child	\$35	Parent & Child	\$35
5:15 pm-6:15 pm	ADULT LAP SWIM \$3		ADULT LAP SWIM \$3		ADULT LAP SWIM \$3		ADULT LAP SWIM \$3		ADULT LAP SWIM \$3	

CALL 441-4244 or 441-4241 FOR MORE INFORMATION
Discount Swim Passes available for Public & Lap Swimming - 10 swims/\$25

Swim Lesson Scholarships are available. To request a scholarship packet, please call 441-4244.

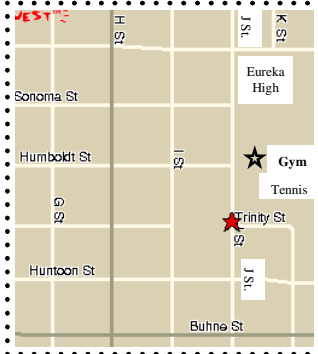
SWIM LESSON REGISTRATION BEGINS MAY 21, 2007

LESSONS BEGIN JUNE 18

Registration for lessons starts May 21



**LESSONS MEET EVERYDAY
MONDAY-FRIDAY FOR TWO WEEKS**
Session #1: June 18-June 29
Session #2: July 2-July 13**
Session #3: July 16-July 27
Session #4: July 30-August 10
 (**No lessons on Wednesday, July 4)



EUREKA RECREATION DIVISION GROUP SWIM LESSON INFORMATION

Registration for Summer Swim Lessons Begins May 21
Adorni Recreation Center - Monday-Friday 8 AM-5 PM

- **PARENT & CHILD (6 Months to 3 Years)**
 During class an adult must be in the water with the child at all times. Class goals will be to develop a high comfort level in young children in and around water, develop breath control, work on basic swimming and survival skills and progress to a readiness to swim level. **Price: \$35**
- **PRE-SCHOOL (4-5 Years)**
 Designed with the older pre-schooler in mind. This class is a fun introduction to the water with an emphasis on safety and basic swimming skills including: water entry, water adjustment, breath control, front and back floating, underwater bobs, front & back kick and basic arm actions. **Price: \$50**
- **LEVEL I - INTRODUCTION TO WATER SKILLS (6-13 Years)**
 Students will learn the following skills: adjustment to the water, water entries, breath control, front and back float, glide and recovery, arms and breathing, jumping into shallow and deep water and swimming back to wall, as well as basic safety & rescue skills. **Price: \$45**
- **LEVEL II - FUNDAMENTAL AQUATIC SKILLS (6-13 Years)**
 Students will learn the following skills: breath control, water entries, rhythmic breathing, underwater exploration, rolling over, leveling off and swimming, combined stroke on their front and back, and basic safety & rescue skills. **Price: \$45**
- **LEVEL III - STROKE DEVELOPMENT (6-13 Years)**
 Students will learn the following skills: underwater exploration and retrieving objects, back crawl, front crawl with breathing, butterfly kick & motion, dive from a kneeling position, treading water, changing direction and safety & rescue skills. **Price: \$45**
- **LEVEL IV - STROKE IMPROVEMENT (6-13 Years)**
 Students will learn the following skills: elementary backstroke, open turns, breaststroke, butterfly, scissors kick, treading water, diving and safety & rescue skills. **Price: \$55**
- **LEVEL V - STROKE REFINEMENT (6-13 Years)**
 Students will learn the following skills: alternate-side breathing, sidestroke, tuck and pike surface dives, flip turns and rescue breathing. Students will also work to improve their front and back crawl strokes, breaststroke, sidestroke, elementary backstroke, butterfly and treading water. **Price: \$55**
- **LEVEL VI - SWIMMING & SKILL PROFICIENCY (6-13 Years)**
 Students will learn the following skills: increased endurance and efficiency for all strokes learned in previous levels. In addition, students will work on personal water safety, fitness swimming and lifeguard readiness. **Price: \$55**
- **PRIVATE SWIM LESSONS**
 Private swim lessons are available by arrangement. Call the Recreation Division at 441-4244 for more information.
Price: \$17 for 1 person - 1/2 hour lesson
\$25.00 for 2 people - 1/2 hour lesson



POOL IS LOCATED AT EUREKA HIGH SCHOOL - 1915 J St. (Next to Gym)



OPEN PUBLIC SWIM - MONDAY-FRIDAY - 2-4 PM - \$3 (10 Swim Discount Passes available—\$25)



ADULT LAP SWIMMING - MONDAY-FRIDAY - 11:45 AM-1:00 PM & 5:15-6:15 PM - \$3

For questions or information: 441-4244

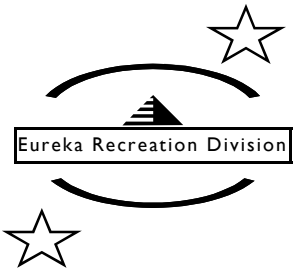
SEE REVERSE SIDE OF FORM FOR POOL AND LESSON SCHEDULE



OPEN PUBLIC SWIM

Eureka High School Pool
Monday-Friday 2-4 PM
June 18-August 10

City of Eureka
Recreation Division
441-4244



Children 5 and under must be accompanied by an adult at all times in the facility.

Children 6 years or older must use appropriate gender locker room.



Public Swim Waiver & Release of Liability must be signed by parent or guardian for all kids 17 & under prior to participation. **See reverse side of form for waiver.** Waivers are also available at the pool & the Adorni Center.

Eureka High School Pool
1915 J St.
(next to gymnasium)

SPLASH INTO SUMMER June 18-August 10



The Eureka Recreation Division is offering Open Public Swim at Eureka High School. Locker rooms will be available for changing & showers.

FEE \$3.00/day

(10 Swim Discount Pass Available - \$25)

CHILDREN MUST BE 42" TALL TO THE CHIN IN ORDER TO SWIM...or be accompanied by an adult.

All children must have a waiver signed by their parent/guardian.

(Coast Guard Approved Life Jackets, Swim Goggles & Nose Clips are the only swim aids allowed)

Children using life jackets must be accompanied by an adult in the water & must remain in the shallow area of the pool.

NO SNORKEL MASKS ALLOWED